



# The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance

By Chris Bell, Kate Brauer-Bell

[Download now](#)

[Read Online](#) 

**The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance** By Chris Bell, Kate Brauer-Bell

Skyrocketing phone bills. Layovers and missed flights. Countless hours spent pining, worrying, and wondering. Why do we do this to ourselves? Long-distance love can be one challenge after another, but as most committed couples will tell you, the rewards well outweigh the stresses. In this sensitive yet sensible guide, long-distance veterans Chris and Kate provide strategies for making the distance seem shorter and outline eight essential skills for relationship success:

- Communicating effectively
- Establishing mutual goals and expectations
- Dealing with issues of trust, fidelity, and independence
- Having fun in spite of the distance
- Managing time, schedules, and stress
- Keeping the relationship real
- Balancing sex and emotional intimacy
- Making the transition to same-city living

Based on interviews with more than 100 couples and packed with knowledgeable tips and honest advice, THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE proves that, with patience and dedication, a loving relationship can not only survive but also thrive across the miles.

 [Download The Long-Distance Relationship Survival Guide: Sec ...pdf](#)

 [Read Online The Long-Distance Relationship Survival Guide: S ...pdf](#)

# **The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance**

*By Chris Bell, Kate Brauer-Bell*

## **The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance** By Chris Bell, Kate Brauer-Bell

Skyrocketing phone bills. Layovers and missed flights. Countless hours spent pining, worrying, and wondering, Why do we do this to ourselves? Long-distance love can be one challenge after another, but as most committed couples will tell you, the rewards well outweigh the stresses. In this sensitive yet sensible guide, long-distance veterans Chris and Kate provide strategies for making the distance seem shorter and outline eight essential skills for relationship success:

- Communicating effectively
- Establishing mutual goals and expectations
- Dealing with issues of trust, fidelity, and independence
- Having fun in spite of the distance
- Managing time, schedules, and stress
- Keeping the relationship real
- Balancing sex and emotional intimacy
- Making the transition to same-city living

Based on interviews with more than 100 couples and packed with knowledgeable tips and honest advice, THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE proves that, with patience and dedication, a loving relationship can not only survive but also thrive across the miles.

## **The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance** By Chris Bell, Kate Brauer-Bell Bibliography

- Sales Rank: #55421 in Books
- Brand: Bell, Chris/ Brauer-bell, Kate
- Published on: 2006-02-01
- Released on: 2006-02-01
- Original language: English
- Number of items: 1
- Dimensions: 7.10" h x .57" w x 5.20" l, .38 pounds
- Binding: Paperback
- 208 pages



[Download The Long-Distance Relationship Survival Guide: Sec ...pdf](#)



[Read Online The Long-Distance Relationship Survival Guide: S ...pdf](#)



## **Download and Read Free Online The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell**

---

### **Editorial Review**

#### **From the Publisher**

\* A practical and honest guide for committed long-distance couples, written by a real husband-and-wife team whose relationship survived the test. \* Based on interviews with more than 100 couples. \* Outlines eight essential relationship-building skills, such as establishing realistic expectations, balancing emotional intimacy and sex, and making the transition to same-city living.

#### **About the Author**

Chris Bell and Kate Brauer-Bell fell in love in Cincinnati, a few weeks after Chris had accepted a job 500 miles away, thus beginning 19 months of phone calls, emails, and countless trips by car or plane. Married since 2003, they now live together in Maineville, Ohio, with their son, George.

Chris Bell and Kate Brauer-Bell fell in love in Cincinnati, a few weeks after Chris had accepted a job 500 miles away, thus beginning 19 months of phone calls, emails, and countless trips by car or plane. Married since 2003, they now live together in Maineville, Ohio, with their son, George.

### **Users Review**

#### **From reader reviews:**

##### **Robert Burke:**

Do you one among people who can't read pleasurable if the sentence chained inside straightway, hold on guys that aren't like that. This The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance book is readable by you who hate those perfect word style. You will find the info here are arrange for enjoyable looking at experience without leaving actually decrease the knowledge that want to supply to you. The writer associated with The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance content conveys prospect easily to understand by a lot of people. The printed and e-book are not different in the information but it just different as it. So , do you nevertheless thinking The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance is not loveable to be your top record reading book?

##### **Dan Villanueva:**

This The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance are reliable for you who want to become a successful person, why. The reason of this The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance can be one of several great books you must have is definitely giving you more than just simple reading through food but feed an individual with information that perhaps will shock your earlier knowledge. This book is usually handy, you can bring it everywhere and whenever your conditions throughout the e-book and printed people. Beside that this The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance giving you an enormous of experience for example rich vocabulary, giving you test of critical thinking that we know it useful in your day action. So , let's have it appreciate reading.

**Robert Watts:**

You can spend your free time to read this book this publication. This The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance is simple to develop you can read it in the park your car, in the beach, train as well as soon. If you did not have much space to bring the printed book, you can buy often the e-book. It is make you simpler to read it. You can save often the book in your smart phone. Consequently there are a lot of benefits that you will get when one buys this book.

**Mark Mata:**

That e-book can make you to feel relax. That book The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance was bright colored and of course has pictures on there. As we know that book The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance has many kinds or genre. Start from kids until adolescents. For example Naruto or Private investigator Conan you can read and think that you are the character on there. Therefore , not at all of book tend to be make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading which.

**Download and Read Online The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell  
#73GIDA28T69**

# **Read The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell for online ebook**

The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell books to read online.

## **Online The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell ebook PDF download**

**The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell Doc**

**The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell MobiPocket**

**The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell EPub**

**73GIDA28T69: The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance By Chris Bell, Kate Brauer-Bell**